

The Pocket

Recording the food you eat and the amount of physical activity each day can help you to improve your eating habits and activity levels. Use this journal to keep track of your progress toward a healthier YOU!

Tips

- Set realistic goals.
- Enjoy 3-A-Day of Dairy! Clinical studies show that 3 servings of milk, cheese and yogurt each day – as part of a reduced-calorie weight loss plan – can help people lose more weight by burning more fat than just by cutting calories alone.
- Make small changes rather than trying to do everything at once.
- Balance what you eat with your activity level.
- Choose “Super Foods” – whole grains, fruits, vegetables, lean meats and lowfat dairy foods.
- Be active in your daily routine. Use the stairs when possible, park a little further away, or take a 10 minute walk during lunch.
- Increase your physical activity slowly and consistently. Aim for at least 30 minutes of daily activity.
- Maintain a positive attitude.
- Discard the “All or Nothing” approach to eating. Choose smaller portions.



FOOD and Exercise Journal



Vanilla Berry Bowl: Enjoy lowfat vanilla milk with a bowl of fresh berries.

[illegible][illegible]

Chicken Melt Melt a slice of reduced-fat Colby Jack cheese over canned chicken on an English muffin.

Tropical Smoothie: Blend fresh orange slices with strawberry yogurt and ice.

[illegible][illegible]

Mango Mixer: Enjoy a tropical treat by blending mango, plain lowfat yogurt and a splash of pineapple juice.

String by String Pack lowfat string cheese into your bag for a post-workout energizer.

[illegible][illegible]

Flavor on the Fly: Fat free flavored milks are perfect anywhere you go—just take, shake and sip.

Mozzarella cheese and eat on pita wedges.

[illegible]

Physical Activity Record Date _____

[illegible]

frozen raspberries and sweetened cocoa.

Graham Dunk: Dip a few graham crackers into a cold glass of low-fat milk.

[illegible][illegible]

Lettuce Wraps: Wrap a slice of Swiss cheese, turkey, and Dijon mustard in lettuce leaves.

Berry Blast: Mix blueberry yogurt with fresh blueberries or raspberries.

[illegible][illegible]

Yo-on-the-Go. Enjoy your favorite flavor of drinkable yogurt at the office or on the go.

Honey Fruit Dip: Mix fat free yogurt with a dollop of honey for a sweet fruit dip.

[illegible][illegible]

Go Nuts: Top lowfat vanilla yogurt with a few crushed pecans and cinnamon.

Fruity Splash: Blend your strawberry milk with fresh bananas and ice.

[illegible]

Daily Food and Physical Activity Record

[illegible]

Salsa Roll-Up: Roll Monterey Jack cheese into a whole-wheat tortilla and dip in salsa.